

Southend Health & Wellbeing Board

Agenda
Item No.

Report of Director of Public Health

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to

Health & Wellbeing Board

on

1st August 2016

Report prepared by: James Williams Head of Health
Development

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| For information only | | For discussion X | Approval required | |
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Southend-on-Sea Joint Adult Prevention Strategy 2016-2021

Part 1 (Public Agenda Item)

Lesley Salter Executive Councillor for Health and Adult Social Care

1. Purpose of Report

1.1. To present the Southend-on-Sea Joint Adult Prevention Strategy 2016 -2021.

2. Recommendations

2.1. The Health and Wellbeing Board is asked to discuss and provide feedback on the draft Southend-on-Sea Joint Adult Prevention Strategy 2016-2021 and associated action plan.

3. Background & Context

3.1. The Care Act (2014) placed a new duty on local authorities to promote individual wellbeing and provide prevention services. This duty requires the Council and its partners (NHS Southend CCG) to provide or arrange services that prevent, reduce or delay the need for support among local people and their carers.

3.2. Prevention in the context of this paper refers to any intervention or action that prevents, reduces or delays deterioration in the physical and mental health of adults resident in Southend. For example, admission (or readmission) to hospital that could have been prevented if an individual was provided with the skills to self-manage their chronic condition, or permanent placement in a residential care setting due to an individual not being able to live independently due to social isolation.

3.3. There are 3 generally accepted types of preventative activity.

3.4 Primary prevention

Primary prevention is defined as interventions and services aimed at individuals who have no current particular health or social care support needs. The aim of primary prevention is to help people avoid developing needs for care and support by maintaining independence, good health and promoting wellbeing. Interventions include: providing universal access to good quality information and advice, supporting safer neighbourhoods and promoting healthy and active lifestyles.

3.5 Secondary prevention

Secondary prevention refers to interventions or services aimed at individuals who are at risk of developing needs, where the provision of services, resources or facilities may help slow down any further deterioration. Screening or case finding may be used to identify those individuals most likely to benefit from targeted services. Examples include NHS Health Checks and postural stability programmes for falls.

3.6 Tertiary prevention

Tertiary prevention refers to interventions aimed at minimising the impact of disability or further deterioration in people with existing health condition or complex care and support needs, including supporting people to regain skills and reduce need where possible. Action is taken to manage any adverse event that could trigger entry into a high cost service, which could include admission into hospital or residential/nursing care. Examples include re-ablement and support to people with serious mental health problems.

3.7 On the 2nd December 2015, a paper was presented to the Southend Health and Wellbeing Board. This paper provided the rationale for a Joint Adult Prevention Strategy for the Borough. The Board discussed the key issues underpinning the need for a Joint Adult Prevention Strategy and agreed the strategy scope and key outcomes.

3.8 The Board requested the development of the strategy take account of the needs of all partners with a specific focus on engagement with primary care and the voluntary sector. In line with the Boards direction, a multi-agency task and finish group was established to develop the strategy. This group comprised:

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| NHS Southend CCG -Chair and clinical lead | NHS Southend CCG -Lead commissioning manager |
| SAVs –Chief Executive | Southend Health Watch -Senior Officer |
| SBC - Group Manager Service Transformation | SBC - Programme Manager Health and Social Care Integration |
| SBC - Head of Health Development | SBC - Health Improvement Practitioner Advanced (Older Adults) |

3.9 Following a process of revision and challenge, a draft strategy and outline action plan has been completed. The strategic aims of this strategy reflect partnership priorities and the key issues impacting on the health of local people. The high level priorities are:

- To focus action to embed prevention in all policies
- To improve access to high quality information, advice and signposting
- To support people to increase their sense of control and resilience in their lives by enabling them to effectively self-manage their condition
- To promote specific action to improve health & wellbeing
- To prevent, reduce and delay the use of health or care services.

3.10 The Board may wish to debate whether the strategy and its related action plan, reflect the desired population outcomes the Board highlighted previously.

3.11 The Board may wish to reflect on how frequently they would like to receive updates on the strategy progress, taking into account the 5 year span of the strategy and varying timelines for achievement for specific performance indicators within the action plan.

4. Health & Wellbeing Board Priorities / Added Value

How does this item contribute to delivering the;

- Nine HWB Strategy Ambitions (listed on final page)
- Three HWB “Broad Impact Goals” which add value;
 - a) Increased physical activity (prevention)
 - b) Increased aspiration & opportunity (addressing inequality)
 - c) Increased personal responsibility/participation (sustainability)

4.1 The proposed Joint Adult Prevention Strategy aligns with the specific statutory duties of the Southend Health and Wellbeing Board namely:

- To assess the needs of their local population through a JSNA
- Set out how these needs will be addressed
- Promote greater integration, partnership working, including joint commissioning, integrated provision and pooled budgets

4.2 The scope of the strategy is restricted to the direct role of adult social care (in partnership with NHS Southend Clinical Commissioning Group). In practice this means adults (persons aged 18+).

These people may:

- Require or will require access to information, advice and advocacy services
- Care for someone currently in receipt of health and/or social care services
- Require or are be at risk of requiring, intensive health or on-going social care support
- Require or will require low level non health or social care based support to maximise their independence

*The specific cohort of adults are:

- Older People
- People with Learning Disabilities
- Older People with Mental Health Problems
- Mental Health
- Physical Disability including sensory impairment
- Carers
- People with chronic long term conditions in direct receipt of social care or health service support

4.3 Programme of delivery

4.3.1 The outcomes of this strategy will be delivered through collaboration and engagement with key partners. The Southend Health and Social Care Transformation Programme will provide programme oversight and governance in relation to specific initiatives and deliverables.

5. Reasons for Recommendations

5.1 The Health and Wellbeing Board are required to determine how the scope of the proposed strategy aligns with the Board's strategic ambitions.

5.1. The Southend Joint Adult Prevention Strategy and associated action plan, puts in place a shared preventative approach across all key organisations in the Borough. The strategy will help to develop community resilience. It will shift the emphasis away from service provision and empower local people to take steps to improve their own health. This approach is inline with the Boards long term ambition to tackle health inequalities within the Borough. It enables, earlier identification and action to be taken to address issues in those people at greater risk of poor health outcomes.

5.2. This strategy also provides a Southend locality prevention focussed programme. A clear strategy to deliver prevention, in localities is a requirement of the Mid and South Essex Sustainable Transformation Planning (STP) process. This process requires local NHS commissioners and providers of health care, to work with local authorities and their partners, to put in place a joint plan to deliver, sustain and improve health and care services for local people.

6. Financial / Resource Implications

6.1 There is a strong financial case to invest in evidence based preventative activities. Effective prevention done at the right scale, can reduce the cost of expensive NHS or social care services. The strategy action plan provides some examples of potential benefits that can be achieved through 'industrial scale' action or specific targeted interventions. For example, the cost to health and social care commissioners of a single hip fracture related to an accidental fall in an older adult is in the region of £28,000 over 2 years. There is strong evidence that community based falls prevention programmes reduce the likelihood of older people falling. The key element for success in such programmes is identification of those at risk and supporting them to attend relevant courses.

7. Legal Implications

7.1. The Health and Social Care Act 2012 placed a statutory duty on Health and Wellbeing Boards to promote partnership working to improve the health of local people. The Care Act 2014 requires local authorities to provide prevention services.

8. Equality & Diversity

8.1. Equality issues have been taken into account in the development of this strategy. Southend Health Watch were part of the task and finish group. An equality impact assessment will be performed on the final agreed strategy.

9. Background Papers

9.1. Southend-on-Sea Joint Adult Prevention Strategy

10. Appendices

10.1.

HWB Strategy Priorities

Broad Impact Goals – adding value

- a) Increased Physical Activity (prevention)
- b) Increased Aspiration and Opportunity (addressing inequality)
- c) Increased Personal Responsibility and Participation (sustainability)

| Ambition 1. A positive start in life | Ambition 2. Promoting healthy lifestyles | Ambition 3. Improving mental wellbeing |
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| <ul style="list-style-type: none">a) Reduce need for children to be in careb) Narrow the education achievement gapc) Improve education provision for 16-19sd) Better support more young carerse) Promote children's mental wellbeingf) Reduce under-18 conception ratesg) Support families with significant social challenges | <ul style="list-style-type: none">a) Reduce the use of tobaccob) Encourage use of green spaces and seafrontc) Promote healthy weightd) Prevention and support for substance & alcohol misuse | <ul style="list-style-type: none">a) A holistic approach to mental and physical wellbeingb) Provide the right support and care at an early stagec) Reduce stigma of mental illnessd) Work to prevent suicide and self-harme) Support parents postnatal |

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| <p>Ambition 4. A safer population</p> <ul style="list-style-type: none"> a) Safeguard children and vulnerable adults against neglect and abuse b) Support the Domestic Abuse Strategy Group in their work c) Work to prevent unintentional injuries among under 15s | <p>Ambition 5. Living independently</p> <ul style="list-style-type: none"> a) Promote personalised budgets b) Enable supported community living c) People feel informed and empowered in their own care d) Reablement where possible e) People feel supported to live independently for longer | <p>Ambition 6. Active and healthy ageing</p> <ul style="list-style-type: none"> a) Join up health & social care services b) Reduce isolation of older people c) Physical & mental wellbeing d) Support those with long term conditions e) Empower people to be more in control of their care |
| <p>Ambition 7. Protecting health</p> <ul style="list-style-type: none"> a) Increase access to health screening b) Increase offer of immunisations c) Infection control to remain a priority for all care providers d) Severe weather plans in place e) Improve food hygiene in the Borough | <p>Ambition 8. Housing</p> <ul style="list-style-type: none"> a) Work together to; <ul style="list-style-type: none"> o Tackle homelessness o Deliver health, care & housing in a more joined up way b) Adequate affordable housing c) Adequate specialist housing d) Understand condition and distribution of private sector housing stock, to better focus resources | <p>Ambition 9. Maximising opportunity</p> <ul style="list-style-type: none"> a) Have a joined up view of Southend's health and care needs b) Work together to commission services more effectively c) Tackle health inequality (including improved access to services) d) Promote opportunities to thrive; Education, Employment |